



The Cooper Institute

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KENNETH H. COOPER, M.D., M.P.H.
Chairman of the Board

December 18, 2004

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STEVEN N. BLAIR, P.E.D.

The Honorable Tommy G. Thompson
Secretary, U.S. Department of Health and Human Services
Hubert H. Humphrey Building, Room 425A
200 Independence Avenue, Southwest
Washington, DC 20201

Dear Mr. Secretary:

I am writing to encourage the FDA to adopt the key elements of the General Mills Whole Grain Claims Citizens petition filed with FDA on May 11, 2004 (DK/H 2004-0223CP1).

It is clear that Americans do not consume enough whole grains, and it is equally clear that increasing whole grain consumption will have important health benefits. Whole grains provide important nutrients and fiber, and these are associated with reduced risk of obesity and several major chronic diseases. I support consistent, uniform definitions for "good" and "excellent" sources of whole grain, which will assist consumers by providing a practical tool to make good nutritional choices.

Prompt action on this petition will allow consumers to take advantage of the important dietary advice to increase the consumption of whole grain foods. I strongly encourage the FDA to implement the recommendations contained in the petition mentioned above, and that this action will occur prior to the release of the new Dietary Guidelines and Food Guide Pyramid.

Best regards,

Steven N. Blair
President and CEO

cc: Lester Crawford, DVM, Ph.D.
Eric Bost
Robert Brackett, Ph.D.
Eric Hentges, Ph.D.
Barbara Schneeman, Ph.D.

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